

An Essay
on

Cause and Effect

Respectfully Submitted to

The Faculty of

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of Pennsylvania

on the

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One thousand eight hundred and fifty three

by

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of New York.

of these such agents as Alcohol, Tobacco, Opium, Coffee &c.
and for the purpose of Cause and Effect. a brief outline
of several classes of persons upon whom to observe their effects.

There has been a manifest tendency in the human mind from the earliest ages down to the present time to theorize upon life and its phenomena, and then writing upon human Physiology, there also appears to have been a strong tendency to unite Psychology, or some doctrine concerning man's spiritual nature with physiological action. But in thus attempting to enlighten the world, they have only added doubt to darkness by blending the great First Cause, Soul, Spirit, Nervous force & Vital principle together, using all these terms synonymously, thereby confounding their readers and themselves too, and then gravely tell us, these are hidden mysteries of nature. Now we do not wish to enter this field of speculation, as it is enough for all practical purposes for us to take cognizance of what we are capable of turning to a proper and profitable use; it is our purpose, therefore, only to consider the effect of Medicinal and disease exciting agents upon Nervous force and Vital principle of man as we find him inhabiting this mundane

sphere, such agents as Alcohol, Tobacco, Opium, Coffee &c and for the purpose of so doing, we will give a brief outline of several classes of persons upon whom to observe their effects.

The first class that we will present, upon which to observe the provings of the above mentioned agents we will denominate the Nervous. Temperament, characterized by great angularity of feature and dense tissue, presenting proportionally broad square shoulders and well developed chest with a narrow pelvis, small inferior extremities, and the whole organism, is endowed with proper elasticity of motion and great harmony of physiological action, and consequently blessed with long life. The cranial development is marked by large selfish sentiments, the moral feelings second to the selfish. The intellectual fairly developed, with but little of the emotional; but with a full share of the animal (or more properly speaking, selfish) propensities. There is no disease to which this class of persons is especially subject. Any disease that may injure health or destroy their life may be considered as accidental and not incidental in truth they shall come down to the grave in a full age like as a shock of corn cometh

in in his season". for old age is not a disease.
The second class that we will present, is of the Nervous-Sanguine Temperament, presenting always in the physical development, a short thick neck, slightly sloping shoulders, broad, full, rounded chest, not of tall stature, with the Lymphatic slightly marked, are inclined to obesity. The brain belonging to this organization is fine textured, largely developed in the social region, but moderately in the selfish sentiments, with full or large intellectual lobes, and the semi-intellectual portion more fully developed, with selfish propensities very much marked.

The diseases consequent upon this organization are, Inflammation, Congestion, Apoplexy, and many of the spasmodic affections.

The third class is of the Nervous Lymphatic Temperament, and presents in its physical development a proportionally less developed chest, more sloping shoulders than the Nervous Sanguine, the inferior extremities large and the abdomen very large, with a decided disposition to obesity.

The cranial development this organization presents is of

a conoidal shape, and as the Sympathetic predominates so it will approach the perfect cone manifesting a languid mental and consequently a dull physical action. Any one will see at a glance that the social region is largely developed, also the region of the selfish propensities, while the region of the selfish sentiments is but moderately developed. The moral feelings are well marked, yet they are second to the selfish propensities and therefore will bow in humble submission to their influence, and be led in blind adoration to the smoking viands and sparkling wines found upon the convivial board while the force of the selfish propensities are made known by the war waged upon such luxuries. The products of home and foreign lands, until all are made to surrender at will.

The diseases consequent upon this organization are Abscesses Tumors and a long catalogue of scrofulous affections.

The fourth class is made up of the Nervous, Aseous and Billious (or sickly) Temperaments, presenting a constitution of apparently great vigor, activity and endurance, marked by quite dense tissue and a tolerably fair symmetry, with considerable angularity of feature and of a swarthy complexion.

The cranial development varying some more than the three above mentioned, but always manifesting the emotional and sentimental, thereby paving the way to a further development of the diseases to which this organization is most subject, which are found under the head of Hepatic; such as. Dyspepsia. Hypochondriasis. Neuralgia and a long train of fearful forebodings and suicidal feelings, belonging to Nervous maladies.

It is among this class of persons that we more especially find Delirium tremens, than any other when stimulants are used, although it may be produced in class first tho' not as likely to be.

In the fifth class we have the four normal temperaments abnormally developed, producing as a result the SICKLY (or Billious) Temperament presenting a narrow chest and slender form, with long slim neck and fingers, a fit subject for consumption and a recipient for a great variety of diseases. The cranial development varying as one or more of the temperaments predominates over the others, but always presenting the appearance of under or over excitement.

We have now presented a sufficient variety of classes of persons upon whom to observe the action of Alcohol. Tobacco. Opium. Coffee. and all other medicinal and disease-exciting agents. To attempt to show that the above mentioned agents are governed by similar laws in their action upon the human organism, and that they do produce a great variety of diseases, according to the organization by which they are used or proved upon would be doing nothing more than speaking a mere truism, for it is a self-evident fact as much as that light is light, and we can add nothing by attempting to offer proof - consequently we will do nothing more than call the attention to the facts in the premises, by simply stating that if the above mentioned agents are used to excess (and if used at all save for medicinal agents - it is in excess) they will produce by long-continued use upon the first class mentioned, disease according to the surrounding circumstances, as there is no particular affection to which this organization is subject. Therefore we could not divine the result of an inordinate use of the foregoing articles without having a history of

all other circumstances that might be brought to bear upon them. But in the other four classes a very correct prognosis might be given before administering or using them. In the second there are some that apparently belong to it, that can use Coffee with seeming impunity, while the remainder of this class cannot use it so freely without producing or provoking into action some of the diseases to which their organization is subject, yet they can use it with less danger than most of the fourth and especially the fifth class; but they cannot use Alcohol and Tobacco without harm as well as the first and third classes; neither can they use Opium with the same impunity as the first class. In the first class however there are some, that by using either Alcohol or Opium to considerable excess would produce Delirium Tremens, while there are others in the same class, that would sooner have some other disease produced. But says one, you are going to destroy all prospect of a classification; we had hoped that a key might be found to unlock some of the apparent mysteries of Nature. True it is, we are

quite sure that your hopes will be realized and will not be long deferred." Let us make a few subdivisions in the above classes, and we have the whole fog swept away, and thus we have presented, the beauty of the study of man, which to the novice is beyond conception."

Among the third class we see some of them easily sipping their Alcoholic drinks and Coffee until sufficed; then in order to change the scene a little, a "long nine" is introduced, and they puff away at that for a time like a steam engine. At length becoming tired of this they roll up a huge mass of the same detestable material and introduce it for mastication (without the thought that deglutition should always follow proper mastication,) which they continue until they are locked in the embrace of a sweet but treacherous slumber. At length they awake to judgment, and are ^{tried} before the bar of disease consequent upon their organization, such as Abscesses. Tumors &c. &c.

In the fourth class we find those who use alcoholic drinks to excess, soon inducing Delirium tremens and producing

a disposition to injure themselves and those around them while if they use Tobacco they sooner invite other diseases peculiar to them, such as the Hepatic and Neuralgic affections, with mental derangement or aberration of mind of long continuance. Now let us consider those in this class who use Opium or Coffee freely, and we see them using it for a long time with but little apparent harm.

At length they are awakened to the danger of their situation. Having been long habituated to the use of one or both of these articles, until it becomes as it were a second nature, they are led to think that they cannot do without them, or at least one of them, and in fact some are so far gone that under the Old School practice they cannot.

But by carefully studying the cause and condition of their derangement, and the effect of remedies under the law of Similia similibus curantur we find that the infinitesimal doses will bring them back to health and wholesome citizenship, and thereby enable them to do much good while sojourning here, and allow them time to prepare for a better existence hereafter.

The fifth class presents an organization that may truly be said to invite disease, with but very little excess in the physical, mental or in the use of medicinal agents, and with but weak powers against miasmatic influence; therefore if much exposed to these exciting and creating causes, debility soon follows and thus prepares the system for agues, intermittents, spinal curvatures and neuralgic attacks.

Again if they use Opium any great length of time both constipation and diarrhoea will be the result.

Tobacco in this organization will easily induce Dyspepsia with all of its evil consequences, and if the use of Alcoholic drinks are but moderately indulged in hemorrhage soon ensues and finally consumption and death ends the scene. All of these changes and results are modified according to the cranial and physical developments, and also they depend very much upon the predominance of one or more of the Temperaments; the same may be said of all the preceding classes.

May we not be justified, after observing all these hints from Nature, in coming to the conclusion that.

Alcohol. Tobacco. Opium and Coffee are governed and modified in their action upon the human organism by the same physiological laws as all other disease exciting agents and further, does it not lead us to the inevitable conclusion Firstly, that each and every medicinal agent is modified in its effects by the organization upon which it acts..

Secondly, that we have physiological signs, whereby we can divine many of the effects of medicinal agents upon the human organism after having a proper study of their character with sufficient experience and practice before administering them; hence we need not be governed in their administration by Pathogenetic symptoms alone..

Thirdly, that no two persons sufferings are alike, and this fact lies in the difference of their organization and conditions.

Fourthly, this brings us to the consideration of the great importance of writing down all the physiological signs belonging to the subjects upon whom the remedies are to be proved; such as are exhibited by physical form, temperament and cranial development, for from the knowledge of the character of the mind we are better prepared to observe

and study the moral symptoms correctly which the great founder of the similia similibus principle wisely declared to be of the first importance.

Fifthly, that all symptoms should be carefully inquired into and well studied before prescribing, for effects are so similar that no man is wise enough to prescribe successfully at all times without the knowledge of the causes that produced them.

With this recapitulation we will close our subject and submit the same to your honorable consideration.

Although much more should be said to render clear the modifying influence that combination of Temperament and development have in the action of disease exciting agents upon the human organism, and thus bring this department of Medical study from its present obscurity into practical utility.